3. A method for stabilizing a tremolo bridge associated with a stringed instrument, comprising the steps of positioning the tremolo bridge with the stabilizer in the operative position, adjusting the spring anchor screw means such that the spring means constrains the stabilizer to the body of the instrument, tuning all strings individually on the instrument by conventional means, moving the stabilizer to the inoperative position, auditing the tuning and if necessary retuning all strings simultaneously using the spring anchor screw means, thereby establishing the normal position of the bridge, and selectively moving the stabilizer to the operative position, in which the stabilizer maintains the bridge in said normal position, in response to failure of a string or for purposes of efficiently tuning the instrument.